

# Cough

If one has a persistent cough, temporarily refrain from drinking cold beverages and soup which contain MSG; instead drink more plain boiled water. Temporarily avoid eating any beans or food made from beans, including cow's milk, as well as sweet foods. Use a dry towel to cover the throat while sleeping. Upon waking up, apply olive oil on the throat area. After showering, wait for fifteen minutes before applying olive oil. Apply olive oil to the throat three times a day with a five-hour interval. After three days, the cough should stop. For Pertussis (hundred-day cough) mix two raw cloves of finely minced garlic into rice and eat it every day for five days to ensure recovery. Any type of olive oil can be applied on the throat. This method can also cure SARS and Asthma. Don't shower with cold water while coughing.

# Stroke

The mouth is suddenly crooked or could not close, and the neck could not turn suddenly. Shake the fingers of both palms vigorously quickly until the parts hit by the stroke can move or turn again. Consuming [redacted], snow fungus and jelly ear often can prevent heart diseases and stroke. You can prevent doing an operation if you have heart diseases.

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# 咳嗽

咳嗽一直不会好，暂时不喝冰水和有味精的汤和汁，多喝白开水。暂时不要吃任何豆和豆做的东西，暂时不要喝牛奶，暂时不要吃甜的东西。睡时干毛巾盖在喉咙，起身时用橄榄油抹在喉咙，冲凉后要等十五分钟才可抹，每天抹三次五个钟头抹一次，三天就会好。百日咳每天吃饭拿两瓣生蒜头切到碎碎放在饭里搅才吃，吃五天才会好，任何橄榄油都可以抹在喉咙，这个方法能医好哮喘病和沙斯，咳嗽不要冲冷水。

# 中风

嘴巴突然歪去或不能关上，颈项突然不能转动，赶快两个手掌大力摔动十只手指，直到中风的部位可以移动或转动时常吃 [redacted]，白木耳，黑木耳，可以防心脏病，防中风。有心脏病可以避免动手术。

**1咳嗽:中风 2 烧伤:烫伤 3口臭 4 禽流感 5 肝炎 6发高烧 7 泻肚子 8 安全窗:开刀**  
(动手术)



# Burns and Scalds

When scalded by hot water or hot oil, do not come in contact with water, instead lightly apply oil over the area immediately. After twenty minutes, the pain should subside and there should not be any blisters. If burnt by fire, concentrated hydrochloric acid, sulphuric acid or metal, it will take up to a few hours for the pain to subside. If the burnt is approximately tens of percents or above, immediately pour oil over the burned area, or lightly apply oil over the area. This will save your life as well as reduce the pain to a minimum and ensuring a speedy recovery, better than consulting a doctor. You can use vegetable oil, sesame oil, suet, butter, bread oil or sewing machine oil and it is important to remember not to apply water over the burned areas but use oil as quickly as possible instead. Refrain from fire for 5 hours.

Burnt or scalded areas will cause pores to open to the maximum. If wind enters the body through the open pores, it will cause obstruction to the flow of the blood and "qi" within the body. Once this happens, the body will not be able to discharge the waste "qi" within and it will accumulate in the body, resulting in high fever, and in serious cases, death. The use of oil can seal the pores and prevent wind from entering the body, and hence avoid the serious consequences.

## Prescription

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## 烧伤 • 烫伤

烧水烧油淋到不可去弄水，赶快用油轻轻抹上去，二十分钟痛就会消失不会起泡，火烧到，镪水是硫酸淋到，铁烫到要几个钟头痛才会消失，如果是几十巴仙或以上赶快用油淋上去，没有淋到再轻轻抹上去。可以保住生命，痛减到最低也很快复原，比医生更好。菜油，麻油，猪油，牛油，面包油，针车油都可以。注意不可去弄水，赶快用油五个钟头不可靠近火。

烧到烫到的部位毛孔会开到最大，风一直进入到饱了身体的气血流通来到这里不能通过去，就不能把体内的废气排出体外，废气就越积越多，使你发高烧而严重或死亡，油能封住毛孔防风进入体内就可避免严重后果。

## 药方

任何人可以把所有的药方拿去复印做生意赚钱，不必我的同意。



## Bad Breath

If you do not take your breakfast before going to work you will have bad breath. Without food in your gastric, your gastric will rub against itself and the waste produced will exit from your mouth. The waste produced will also circulate within your body and affect blood circulation. When your body weakens, it will cause pains around the body, affecting your complexion and causing bad breath. As such your love ones may also leave you. The way to prevent this is to eat before going to work. Do not eat too much or too little, just have the right amount. Apart from sleeping, you have to eat every three hours, and you have a better life.

## Menopause

Go on a vegetarian diet for half a year and do not take food that is too sweet or salty and reduce intake of fried food. With in half a year do not take in monosodium glutamate, milk, chili, pepper, beans and products made from beans, including soya bean drinks, as well as coffee. Such a method can reduce the pain of menopause by 90%. This method is also effective on high blood pressure, high cholesterol as well as itching and sensitivity of the skin. You may stop employing this method early upon recovery and use it again when necessary.

## Sugar cane juice

There is a layer of foam at the top of stirred sugar cane juice. Taking in that layer of foam regularly is good for sensitivity of the nose, throat and lungs. morning's sinus can be reduced.

## 口臭

早上没吃东西就去做工会口臭，空肚子胃壁就会磨胃壁而产生废气从口里出来，废气也会在身体内乱跑影响血液流通，当身体虚弱时就会这里痛那里痛，脸色又不好看又口臭，你的爱人可能会离开你，预防的方法早上要吃东西才去做工，不要吃太饱不要吃太少要吃七分饱，除了睡觉其他时间每三个钟头左右要吃东西人生会更好。

## 更年期

吃素食半年，不要吃太甜和太咸，少吃炸的东西，半年内不要吃味精，牛奶，辣椒，胡椒，任何豆和豆类做的东西包括豆花水和咖啡水。这个方法可以使更年期的痛苦减去九十巴仙。高血压，胆固醇高，皮肤痒，皮肤敏感用这个方法也有功效。如果好了可以提早停止用这个方法，需要时再用回这个方法。

## 甘蔗汁

搅的甘蔗汁上面有一层泡沫，常吃那层泡沫，鼻，喉，肺的敏感会好。早上常流鼻水会减少。



# Bird Flu : Pneumonia : Middle East Respiratory Syndrome :

Fill the spray bottle with Spirit. When the spirit is sprayed, it should have a fog-like density for it to enter the nostrils together with the air and kill the bacteria within. First, spray the bed and the blanket. With the patient's eyes closed, hold the spray six inch away from his nose and spray three times towards his nose. Wait for ten minutes and spray three times again and repeat the action after another ten minutes. Repeat this action for a total of eight to fifteen cycles, each cycle spraying three times. If the patient is coughing, he should have his throat covered by a blanket or a dry towel. Alternatively, apply any type of olive oil on the throat. If you are coming out of a shower, you should wait for fifteen minutes before applying the olive oil.

## Stomach Wind (fried food more better)

If you have stomach wind, for the first, second and third bite, eat something that is oily. Chew the food thoroughly and swallow the food slowly. If there is a layer of oil in the stomach, it will reduce the production of wind and stuffiness in the stomach. Do not get tensed and do not overwork. Have sufficient sleep and eat something not more than every three hours. Eat your food slowly and chew the food till it is mushy. Even when you drink, drink slowly. Eat something small one hour before bed. To get rid of stomach wind, you have to rely on your own efforts.

## Hiccups

Take half a tablespoon of vegetable oil and stop eating and drinking temporarily. The hiccups will stop in six minutes.

## 胃风 (炸的东西会更好)

胃风，第一口，第二口，第三口先吃有油的东西，咬到烂烂慢慢吃进去，胃有一层油就可减少生风减少塞塞，不要紧张，不要操劳，睡眠要充足，不要超过三个钟头吃东西，要慢慢吃咬到烂烂，喝水也要慢慢喝，睡前吃一点东西，胃风只能靠自己才会好。

## 禽流感：肺炎：中东呼吸综合征

酒精，火酒也可以放进喷花器，喷出来要和雾一样才能和空气一起进入鼻内杀死细菌，先喷床和被，病人把眼睛闭上，离开半英尺对他的鼻子喷三下，十分钟后再次喷三下，再过十分钟后再次喷三下，八次到十五次就会好，每次喷三下。有咳嗽被要盖在喉咙，干毛巾也可以，任何橄榄油抹在喉咙也可以，冲凉后要等十五分钟才可抹。

## 一直打嗝

喝菜油半汤匙，暂时不要喝水和吃东西，六分钟停止打嗝。



# Hepatitis

The body discharges its toxins at three in the afternoon every day, and this is related to the liver. Eat an apple at three in the afternoon every Monday, an orange on Tuesday, a pear on Wednesday, and other fruits from Thursday to Sunday. The hepatitis would improve after doing this for three months. Eat a little fried food before eating the fruits if you experience stomach trouble. Take note to eat the fruits only at three in the afternoon; do this at four in the afternoon when in Singapore. This is because Singapore is one hour ahead of other countries, which is because Malaysia requested Singapore to adjust its time to be so. They wanted Singapore's time to be the same as Malaysia's flight time.

## Preventing the Lumbar Region from Having Problem

The fans and air conditioning shall rotate from side to side while using. When you get up, bend over, walk up and down the stairs, carry heavy things, and push things, you must hold your breath before doing anything like above, then you can prevent sudden problems in the lumbar region and in other joints. For example, don't breathe before you walk up stairs. After 8 seconds, you may breathe, first holding your breath before doing anything can even increase your strength and reduce illnesses, and your vitality will be improved. Holding breath when falling before hitting the ground will reduce injury by half.

## 防腰出问题

风扇，冷气要转来转去，起身，弯下，上下楼梯，拿重的东西，推重的东西。先闭气才做任何一件事，就可避免腰和其他关节突然出现问题。比如先闭气才上楼梯，八秒后就可呼吸，先闭气才做任何事还能增加你的力气，减少生病，精神会更好。跌下还没撞到地，快闭气伤会减少一半。

## 肝炎

身体每天排毒的时间在下午三点钟和肝有关系，每个星期一下午三点钟吃苹果，星期二吃橙，星期三吃梨，星期四到星期天吃其他水果。吃三个月后肝炎就会好，胃有问题要先吃一点炸的东西才可以吃水果，注意一定要在下午三点吃，在新加坡要下午四点钟吃，因为新加坡的时间比其他国家快一个钟头那是马来西亚要求新加坡把时间调快一个钟头，他们要新加坡时间和马来西亚的航空时间一样。



# High Fever

By forcing the body temperature down by placing ice, cold towels on the patient's forehead or taking cold shower will cause serve damage to the capillaries. The patient might not be able to tolerate this and may die, suffer from mental problems, become mute, deaf or his body may become extremely weak. The hospital should not claim again that it is a bacteria infection and they should be fully responsible. The doctors should know that getting a patient to perspire is a good way to get rid of the heat in the body. If one is having a high fever, the correct method is to get him to perspire. Using a plastic bag as big as the patient's head, place the bag over his head ending at the eyebrows. There should not be any holes in the plastic bag. If the top of the plastic bag is higher than the head, fold up the edges of the bag to ensure a snug fit at the top of the head, with the edge ending at the eyebrows. Once the patient starts to perspire, his body temperature will decrease. Do not use a fan or switch on the air-conditioning. Let the patient drink more warm water as it will help him to perspire. Use dry towels to wipe away the perspiration and change into dry clothes if the clothes become wet from perspiration. Remove the plastic bag after one hour and wipe away the perspiration on the head. The plastic bag with perspiration shall not be reused. Instead, use a new plastic bag and place it over the head as before. This method is 100% safe and will definitely subside the fever, suitable to be done at home. Temporarily, don't eat sweet food when you have fever. Does placing ice or cold towels on the forehead make one perspire? Of course not, it is a terrible method.

## 发高烧

冰块，冷毛巾放在发高烧者头上或冲冷水，这是把热度硬硬压下去，严重伤到微血管，病人无法忍受就会死亡或精神出现问题，哑巴，耳聋，身体虚弱。医院不可能再说是感染细菌，要负起百分之百的责任，医生应该知道出汗会把体内热气排出体外，发高烧要是他出汗才是正确方法，树胶袋和头一样大不要破洞不要太大，从头一直盖到眉毛，树胶袋如高过头顶拿出来，高多少就反折多少再从头一直盖到眉毛，头会开始出汗。烧度就会下降，不要吹风扇，不要吹冷气，温开水容易出汗给他多喝一些，注意身体出汗干毛巾要把汗抹掉，衣服湿了要换掉，一个钟头后树胶袋拿开头上的汗抹掉，树胶袋有汗不能再用，那一个新的再盖下去，百分之百安全，一定退烧，在家里也可这样做。（塑料袋通常说成树胶袋）发高烧暂时不要吃甜的东西。冰块，冷毛巾放在头上或冲冷水会出汗吗？当然不会，这是要命的方法。



## Blood and pus from the ear

Roll the blood and pus from the ear and drip a few drops of chicken gall juice into the ear. Do this once every five hours,, thrice a day. The condition will be cured after this is done for three days. Dripping chicken gall juice onto rotten skin is also effective for curing the condition.

## Swelling in both legs

Eating peanut coats regularly can cure swelling in both legs. Take note that eating the peanuts is of no help; only eating the peanut coats would help. Peanut coats of any colour can be eaten.

## Diarrhoea

Drip five drops of medicated oil into the mouth. Take note not to eat and drink anything. Drip five drops of medicated oil into the mouth again one hour later, and do the same again another hour later. The diarrhoea will stop after the three drippings. Eat and drink only three hours later. Take note not to drip more than twenty drops in one day.

## 耳朵流脓血

耳朵流脓血，把脓血卷出来，鸡胆汁滴几滴进入耳内，五个钟头一次，每天做三次，三天就会好。鸡胆汁滴在烂皮肤有功效

## 双脚肿

双脚肿常吃花生衣会好，注意吃花生无效只能吃包住花生那层衣才有效，不同色花生衣都可以吃。

## 泻肚子

风油对口打五滴进入口内，注意不可喝水和吃东西，一个钟头后再打五滴进入口内，三次后就会止泻。三个钟后才可喝水吃东西。注意一天不可超过二十滴。

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## Operation

To prevent massive loss of blood causing death during operation, do not intake any tonics medicine and food that strengthen blood circulation 7 days before operation.

## Fat Loss

Over dosage consumption of fat loss pill will cause kidney problem, thus affecting your daily lives. We can only lose 1 kilo of body weight per month. Too thin also not beautiful.

## Running nose and flu

Roll tissue paper into nostril-size pieces and soak with white rice wine. Insert in both nostril and remove after five minutes. Repeat the process three times. Cures running nose and flu. Take note running nose and flu with cough, use cough and bird flu method , use for five days then you will be cured .

## Safety Window

Glass window can open inwards. After cleaning the window can open outwards. The person will not fall out of the window and cause death. I design a thing, anyone can use my idea to sell and earn money. without my permission.

## 开刀

避免开刀时大量出血而死去，开刀前七天不可吃补药补品和通血的东西。

## 减肥

减肥药吃过度会伤到肾，以后你的生活会很痛苦，每个月减肥只能减一公斤，太瘦也不美。

## 伤风流鼻涕

纸巾卷六支和鼻孔一样大，先拿两支浸一下白米酒塞进鼻孔，五分钟后丢掉再拿两支浸一下白米酒塞进鼻孔，五分钟后再做一次，伤风流鼻涕就会好。注意 伤风流鼻涕有咳嗽，要用咳嗽和禽流感的方法，用五天才会好。

## 安全窗

玻璃窗可以开进屋内，抹清洁后才开出去屋外，人就不会跌下楼而伤亡。任何人都可以用我这个设计做生意赚钱，不必我的同意。



Glass window can open inwards. After cleaning the window can open outwards. The person will not fall out of the window and cause death. I design a thing, anyone can use my idea to sell and earn money. without my permission. Aluminum window will be more beautiful than wooden window. Can climb out when there is fire.

同意木窗不会美,铝窗会很美。火烧时可以爬出去窗外。  
下楼而伤亡任何人都可以用我这个设计做生意赚钱,不必我的  
玻璃窗可以开进屋内,抹清洁后才开出去屋外,人就不会跌



支架如是空心,铰链的位置要加入铝块(四公分到六公分)钢钉钻进去就能有力牢固窗的重量。

If the aluminum window frame is hollow, an aluminum block (4 mm to 6 mm) should be inserted at the location of the hinges. Thus the stainless steel nails drilled in can strongly hold the weight of the window